

**Lighten Up Lancaster County
Quarterly Meeting Minutes
November 13, 2014**



- I. Beth Koser-Schwartz welcomed new members to the coalition meeting.
- II. Warm Up - This quarter's warm up was led by personal trainer Shannon Leister.
- III. Updates
 - a. Local News
 - Local media coverage of the businesses and workplaces that have adopted healthier vending.
 - Lighten Up Lancaster County will retain the BuiltWELL, MoveWELL, and EatWELL initiatives of *LiveWELL* as it transitions.
 - b. School
 - 2nd Annual Garden Academy will feature local experts discussing four breakout sessions covering topics such as composting, organic growing on November 17th.
 - A Mental Health Work group for schools will be held November 20th. School assessments to keep our students healthy when handling depression and anxiety. Contact [Beth](#) for more information.
 - c. Workplace
 - Liz Edkin spoke to the changes for the Well Workplace Award. This year interested workplaces are asked to create a [CDC Worksite Health Scorecard](#) account for completing and submitting their scorecard. Once complete, the worksite must send their final score is to Lighten Up Lancaster at coalition@lightenuplancaster.org. Upon submission, Beth Koser-Schwartz or Sue Lackmann will be available for one free worksite visit to review and provide insight into improving workplace health programs and policies.
 - Leslie Wireback spoke about the partnership between Lighten Up Lancaster County and Lancaster Business Group On Health's Mental Well-Being Forum for employers that will take place on December 16th from 8:30-10am at the Lancaster County Chamber of Commerce.
 - Working on a Tobacco policy? Great American Smokeout is a great day to celebrate those that have quit and/or those that choose to live tobacco-free. It is also a good time to announce new workplace tobacco policies. See the attached poster to help employees share their #OneGoodReason.

- Providers interesting in shaping the 2015 Workplace Wellness Symposium should contact [Beth Koser Schwartz](#). The date for this event has not been finalized at this time but interested vendors should also contact Beth.
- d. Revisiting Community Wide Challenges
- The [challenge website](#) now features outcomes and a recap of what our community accomplished in 2013 and 2014 with our walking challenges and mental well-being challenge.
- e. Maintain Your Weight Over the Holidays
- E-Newsletter's beginning November 17 through January, [sign up here!](#)
- f. Events
- Beth extended her gratitude to Lancaster Recreation Commission for hosting the Lancaster Food Day "After School Apple Crunch," and to all those who participated in Lancaster Food Day on October 24th.
- g. Active Transpiration
- Join Jeff Speck, national walkability expert, as he conducts a walkability study of Lancaster City at 7pm on November 17th
 - Walk audits are still available. The next audit will be held in West Hempfield on November 21st at 2:30pm. Interested members should meet at the Kmart Shopping Center at the corner of Prospect Rd and Columbia Avenue.
 - Lancaster Bikes! has expanded their board to include 12 members and has finalized their strategic plan.
- h. Healthy Corner Stores
- We are asking residents to nominate stores for Phase 2 or, as you shop at your local store, ask where the healthy options are within that store. Contact [Sue Lackmann](#) for more information.
- i. Member Updates
- Susan – I AM ABLE, cycling event was spur of the moment. Worked with Lancaster Bike Club. Contact Susan to participate in future events.
 - Nancy- Lets Move, featured Penn State's research and major idea was that obesity begins before birth. Mother's taste preferences are passed onto child in prenatal stages.
 - Amber – Heart Walk, 2015 walk will return to Spooky Nook due to its huge success. World Stroke Day took place at the end of October.

- Audra – Open Streets 2015 will take place on May 17th. They are awaiting approval of street closings from Conestoga to Chestnut. In need of health and wellness/family fun vendors to line the streets, please contact Audra with interest.

IV. PechaKucha Presentation – 20 slides, 20 minutes

- a. Penn Manor School District – Make One Change, morning workout, journaling for stress, packing lunches, fasting, 40 day no soda. 4 rounds, enter names into a drawing for a \$25 gift card each quarter. Cutting budget on healthy costs as they are saving approximately 2 million in health costs since adding their wellness committee 5 years ago.
- b. CRSP Physical Therapy
 - Physical therapist Dan Stone introduced their local diabetes support group. September meeting focused on glucose monitoring. October was a food and nutrition demonstration. November focused on loved ones of those with diabetes. December group will be held on December 17th at 6:30 pm in the cafeteria of Heart of Lancaster in Lititz. This session will focus on fitness for your needs, physical activity that's geared to you.
 - Goal, educate, inspire, empower. Est. a 1month physical activity event. Free seminars at the heart of Lancaster. 3rd Wednesday each month 6:30-7 open, 7pm event. Please see the attached flyer.
- c. The Common Wheel
 - Chris focused on the benefits of the bicycle and how he became determined to help to make Lancaster more bicycle-friendly. He and business partners developed a model bike shop using an abandoned pump house in Reservoir Park.
 - The center hosts community events to encourage people to ride. First Friday and Halloween rides, 30 women 30 min. 1-hour to Barnstormers with children.
 - Earn a bike for children ages 12-17. 6 kids earned a bike over 6 weeks and The Common Wheel also provided them with t-shirts and bike lock. Just started second round and seeking sponsors for helmets.
 - Currently sell fixed-up bikes with a larger goal of removing the “scary factor” of riding a bike and making the area bike-friendly. To support, donate bikes (especially kids’ bikes), consider a sponsorship or presentation in workplace and buy a bike! F&M to donate bikes to become a rental fleet in the future.

- Holiday party to be held Dec 11th. Tickets available at <http://thecommonwheel.com> , they are seeking sponsors for event.

d. Dutchland, Inc.

- Presented on the wellness initiatives of a small workplace.
- First priority was to add a trail around the property; 1.5 miles.
- 2011 in house gym open 4am-7pm.
- 2012 committee formed and held event that employees signed up for memberships. Paint ball event, 5k, family trip to science factory.
- Eating habits became focus, 2013 snack contest was held to encourage healthier habits.
- 2013 first health fair; 8-14 vendors in 2014. Prizes and magazine subscriptions as incentives along with free biometric testing from LGH. Promoted health awareness to those that thought they were healthy. Mental health and Financial consultants' onsite as well.
- 2014 small garden was added to "fund" snacks with tomatoes, peppers and basil.

e. Lancaster General Health

- MyHealthyLiving internal wellness program for over 7,000 employees. Create environment for change following WELCOA's 7 benchmark.
- Leaders' involvement is key. Made it easy for leaders to support the program and communicate to employees with Resource Toolkit.
- Wellness team and Wellness Champs throughout organization. Collecting data is essential to the annual plan.
- Quarterly extended challenges 6-12 weeks to learn new skills to help overall outcomes.

f. Power Packs Project

- Volunteers assisting with operation.
- 2 lbs of produce are distributed per week.
- Expanding to York after 9 years.
- Take into consideration what the family has access to when making a recipe. Families want change and results reinforce this.
- Please get involved, please don't judge, extend whatever you can whether financial or with knowledge. Contact Kim@powerpacksproject.org to volunteer.



Physical Therapy

Hands that heal. Hearts that care.®

4-PART DIABETES EDUCATIONAL SERIES & SUPPORT GROUP

Heart of Lancaster Regional Medical Center
(Enter At Patient Entrance)
1500 Highlands Drive, Lititz, PA
6:30pm Food • 7:00pm Lecture

*Are you looking for suggestions and new ways to help manage your diabetes?
Do you have diabetes-related balance issues and are looking for a solution?
IF SO, THIS EDUCATIONAL SERIES AND SUPPORT GROUP IS FOR YOU!*

Join Dan Stone, CPRS Physical Therapist and Type 1 Diabetic,
for a 4-part series designed to help you learn to manage your diabetes better!

SEPTEMBER 17: Hear from a variety of local vendors about the latest and greatest technology and ways to help manage your diabetes.

OCTOBER 15: Proper nutrition is a basic component in managing diabetes; you'll sample a variety of delicious foods and receive healthy recipes to duplicate at home! Come to hear from certified diabetes educator and registered dietitian Christie Gehman from the Diabetes Center for Improvement.

NOVEMBER 19: Targeted to family members of diabetics. Hear inspirational stories and ways to be an understanding and effective caregiver to your loved one with diabetes.

DECEMBER 17: Learn about safe and practical ways to stay in shape and manage your diabetes through the holidays and into the New Year! We will also address ways to manage balance issues related to diabetes.

*For More Information
Visit Us On:*

RSVP: 717.492.9532



| www.CPRSWEB.com |



#OneGoodReason



Great American Smokeout - November 20, 2014



#OneGoodReason

Who: tobacco users and tobacco-free individuals in workplaces, homes, schools, and community groups

What: social media campaign to raise awareness about the importance of living tobacco-free

How: Write your #OneGoodReason to stay tobacco-free or to become tobacco-free and encourage coworkers, family members, and members of your community group to do the same.

- 1) Take a picture holding the sheet (individually or with a group) and post it on our Facebook wall – www.facebook.com/whytobaccofreeLanc or email it to TFCofLancasterCounty@gmail.com **AND/OR**
- 2) Hang the sheets in your lunch room, meeting room, classroom, or office, and take a picture of your group's #OneGoodReason sheets and post it on our Facebook wall – www.facebook.com/whytobaccofreeLanc or email it to TFCofLancasterCounty@gmail.com **AND/OR**
- 3) Post your picture on your own social media sites with #OneGoodReason #TFCLC

The top 3 photos with the most “likes” will win a prize! All pictures posted by you on our Facebook or emailed to us will be put in an online album for viewers to vote on.

When: November 1 – November 20, 2014

Why: The American Cancer Society marks the Great American Smokeout on the third Thursday of November each year by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By quitting – even for one day – smokers will be taking an important step towards a healthier life – one that can lead to reducing cancer risk.

For more information on free quit tobacco resources and worksite tobacco policy, contact the coalition at 717-544-3223